

ROCKVILLE SWIM CENTER

355 MARTINS LANE • ROCKVILLE, MARYLAND 20850 • 240-314-8750

The Swim Center, located at 355 Martins Lane, has two Indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

Admissions fees: Adult \$5.50 Children \$4.50

Rockville residents (residing within corporate city limits, with valid City of Rockville Recreation ID available at the Swim Center for \$2)

Adult \$4.50 Children \$3.50

REGISTRATION PROCEDURES

RESIDENTS & PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
March 4 7:30 a.m.

NON-RESIDENTS & NON-PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
March 18 7:30 a.m.

REGISTRATION DEADLINE: April 30

No classes May 29-31.

PLEASE READ

- Purchase your membership/pass PRIOR to registration.
- For mail-in or Fax registration, FULLY complete the registration form. If paying by credit card, numbers must be valid and legible.
- The discounted fees listed for each class are only for Swim Center Passholders/Members (Punchcard/Yearly Membership). Note: Discounted fees do NOT necessarily apply to individuals with a RockEnroll ID card or to City of Rockville residents.
- Send swim lesson registrations to the Swim Center (not to City Hall).
- Management reserves the right to cancel or consolidate any class when necessary. Due to limited time there will be NO make-up classes. For information regarding cancellation of classes listen to radio station WTOP or call 240-314-8750.
- Credits or refunds only will be issued for medical reasons and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to: or
Swimming Lessons
Rockville Municipal Swim Center
355 Martins Lane
Rockville, MD 20850

FAX to:
Swimming Lessons
240-314-8759

Adult/Child Swim

Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#10568 Tue	May 11-Jun 15	9 am-9:30 am
\$43(P)/\$54(N)	Ages: 6 mos-1½	North Pool

#10570 Sun	May 9-Jun 20	9:15 am-9:45 am
\$43(P)/\$54(N)	Ages: 6 mos-1½	North Pool

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet-trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#10571 Thu	May 13-Jun 17	9 am-9:30 am
\$43(P)/\$54(N)	Ages: 1½-2½	North Pool

#10572 Sat	May 8-Jun 19	10:10 am-10:40 am
\$43(P)/\$54(N)	Ages: 1½-2½	North Pool

#10573 Sat	May 8-Jun 19	11:25 am-11:55 am
\$43(P)/\$54(N)	Ages: 1½-2½	North Pool

#10574 Sun	May 9-Jun 20	10:25 am-10:55 am
\$43(P)/\$54(N)	Ages: 1½-2½	North Pool



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Individuals with disabilities are encouraged to register and participate in Rockville Recreation programs. To adequately plan for a successful and rewarding experience, please contact our office 240-314-8620 two weeks prior to the activity start date. Ample time is needed to secure supplementary auxiliary services and aides. For additional therapeutic program opportunities, please contact the Montgomery County Department of Recreation at 240-777-6960; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats; please contact the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

Bobbers 1 - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking. An adult **MUST** accompany **EACH** child into the water.

#10575 Thu	May 13-Jun 17	9:30 am-10 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool
#10576 Sat	May 8-Jun 19	9 am-9:30 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool
#10577 Sat	May 8-Jun 19	10:50 am-11:20 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool
#10578 Sun	May 9-Jun 20	8:40 am-9:10 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well. An adult **MUST** accompany **EACH** child into the water.

#10579 Sat	May 8-Jun 19	8:25 am-8:55 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool
#10580 Sat	May 8-Jun 19	9:35 am-10:05 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool
#10581 Sun	May 9-Jun 20	9:50 am-10:20 am
\$43(P)/\$54(N)	Ages: 3-5	North Pool

Swim Classes

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is one week prior to the start of the class unless otherwise noted.

**Floaters 1**

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front.

#10582 Mon	May 10-Jun 14	3:30 pm-4 pm
\$40(P)/\$50(N)	Ages: 4-6	North Pool
#10583 Tue	May 11-Jun 15	4:30 pm-5 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10584 Fri	May 14-Jun 18	4 pm-4:30 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10585 Sat	May 8-Jun 19	9 am-9:40 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10586 Sat	May 8-Jun 19	10:30 am-11:10 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10587 Sun	May 9-Jun 20	9 am-9:40 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10588 Sun	May 9-Jun 20	10:30 am-11:10 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10707 M, W	May 10-Jun 2	7 pm-7:30 pm
\$56(P)/\$70(N)	Ages: 4-6	North Pool

Just a Reminder!

We have changed our Learn to Swim class names! Please clip out the following list and keep it for future sessions!

Aqua Babies = Bubblers 1
 Aqua Tots = Bubblers 2
 Pre School 1 = Bobbers 1
 Pre School 2 = Bobbers 2
 Pre Beginners 1 = Floaters 1
 Pre Beginners 2 = Floaters 2
 Pre Beginner 3 = Stokers 1
 Pre Beginners 4 = Stokers 2
 Beginners 1 = Youth 1
 Beginners 2 = Youth 2
 Beginners 3 = Youth 3
 Beginners 4 = Youth 4
 Beginners 5 = Youth 5
 Beginners 6 = Youth 6

Strokes and Turn Swim = Youth 7

Swim Team Orientation = Swim Team Prep

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

#10589 Mon	May 10-Jun 14	4 pm-4:30 pm
\$40(P)/\$50(N)	Ages: 4-6	North Pool
#10590 Tue	May 11-Jun 15	5 pm-5:30 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10591 Wed	May 12-Jun 16	3:30 pm-4 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10592 Thu	May 13-Jun 17	3:30 pm-4 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10593 Fri	May 14-Jun 18	4:30 pm-5 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10594 Sat	May 8-Jun 19	9:45 am-10:25 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10595 Sat	May 8-Jun 19	11:15 am-11:55 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10596 Sun	May 9-Jun 20	9:45 am-10:25 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10597 Sun	May 9-Jun 20	11:15 am-11:55 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10708 M, W	May 10-Jun 2	7:30 pm-8 pm
\$56(P)/\$70(N)	Ages: 4-6	North Pool

Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

#10598 M, W	May 10-Jun 2	7:30 pm-8 pm
\$56(P)/\$70(N)	Ages: 4-6	North Pool
#10599 Wed	May 12-Jun 16	4 pm-4:30 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10600 Thu	May 13-Jun 17	5:30 pm-6 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10601 Fri	May 14-Jun 18	3:30 pm-4 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10602 Sat	May 8-Jun 19	10:30 am-11:10 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10603 Sun	May 9-Jun 20	10:30 am-11:10 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool

Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

#10604 Tue	May 11-Jun 15	5:30 pm-6 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10605 Wed	May 12-Jun 16	4:30 pm-5 pm
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10606 Sat	May 8-Jun 19	11:15 am-11:55 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10607 Sun	May 9-Jun 20	11:15 am-11:55 am
\$48(P)/\$60(N)	Ages: 4-6	North Pool
#10608 M, W	May 10-Jun 2	7 pm-7:30 pm
\$56(P)/\$70(N)	Ages: 4-6	North Pool

Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

#10609 Sat	May 8-Jun 19	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10610 Sun	May 9-Jun 20	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10611 Sun	May 9-Jun 20	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool

Youth 1

Water adjust is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

#10612 Sat	May 8-Jun 19	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 6 +	North Pool
#10613 Sun	May 9-Jun 20	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 6 +	North Pool
#10614 Sun	May 9-Jun 20	12 noon-12:40 pm
\$43(P)/\$54(N)	Ages: 6 +	North Pool



Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

#10615 Thu	May 13-Jun 17	4:30 pm- 5 pm
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10616 Sat	May 8-Jun 19	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10617 Sat	May 8-Jun 19	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10618 Sat	May 8-Jun 19	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10619 Sun	May 9-Jun 20	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10620 Sun	May 9-Jun 20	12 noon-12:40 pm
\$43(P)/\$54(N)	Ages: 7 +	North Pool

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

#10621 Sat	May 8-Jun 19	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10622 Sat	May 8-Jun 19	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10623 Sun	May 9-Jun 20	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10624 Sun	May 9-Jun 20	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10625 Sun	May 9-Jun 20	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

#10626 Sat	May 8-Jun 19	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10627 Sat	May 8-Jun 19	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10628 Sun	May 9-Jun 20	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10629 Sun	May 9-Jun 20	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

#10630 Sat	May 8-Jun 19	11:15 am-11:55 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10631 Sun	May 9-Jun 20	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

#10632 Sat	May 8-Jun 19	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10633 Sat	May 8-Jun 19	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10634 Sun	May 9-Jun 20	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10635 Sun	May 9-Jun 20	9:45 am-10:25 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool

GROWERS ONLY FARMERS MARKET

- Farm-fresh Fruits • Vegetables • Bedding Plants • Cut Flowers
- Preserves • Herbs • Baked Goods

For information call 240-314-8600

Saturdays:

New Location: TBA
May 15 – Oct. 30
9 a.m. - 1 p.m.

Wednesdays:

E. Montgomery Ave.
June 2 – Oct. 27
11 a.m. – 2 p.m.



Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5, 6 & 7 in order to take this class.

#10636 Sat	May 8-Jun 19	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10637 Sat	May 8-Jun 19	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool
#10638 Sun	May 9-Jun 20	9 am-9:40 am
\$43(P)/\$54(N)	Ages: 7 +	North Pool
#10639 Sun	May 9-Jun 20	10:30 am-11:10 am
\$43(P)/\$54(N)	Ages: 7 +	South Pool

Adult Swim Classes

Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

#10640 Tue	May 11-Jun 15	8:20 pm-9:05 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool
#10641 Wed	May 12-Jun 16	8:30 pm-9:15 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool

Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to taking this class.

#10642 Tue	May 11-Jun 15	8:20 pm-9:05 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool
#10643 Wed	May 12-Jun 16	8:30 pm-9:15 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

#10644 Thu	May 13-Jun 17	8:20 pm-9:05 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool

Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. This class is not for beginners! Adult Beginner 3 is recommended prior to taking this class.

#10645 Thu	May 20-Jun 24	8:20 pm-9:05 pm
\$43(P)/\$54(N)	Ages: 16 +	South Pool

Adult Water Fitness

Aqua Blast

Start the day off right-have a blast! Fast paced water exercise class for people who want to workout in the morning. This low-impact high-energy workout is great for both sexes. You do not have to swim to benefit from this class. Music is used. This class is a combination of the Tues/Thurs cardio training classes.

#10687 Tue	May 11-Jun 15	10:15 am-11 am
\$19(P)/\$24(N)	Ages: 18 +	South Pool

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

#10646 M, W	May 10-Jun 16	8:30 am-9:15 am
\$35(P)/\$44(N)	Ages: 18 +	North Pool
#10647 M, W	May 10-Jun 16	9:15am-10 am
\$35(P)/\$44(N)	Ages: 18 +	North Pool
#10648 Tu, Thu	May 11-Jun 17	8:30 am-9:15 am
\$38(P)/\$48(N)	Ages: 18 +	North Pool
#10649 Tu, Thu	May 11-Jun 17	9:15 am-10 am
\$38(P)/\$48(N)	Ages: 18 +	North Pool
#10650 Fri	May 14-Jun 18	8:30 am-9:15 am
\$19(P)/\$24(N)	Ages: 18 +	North Pool
#10651 Fri	May 14-Jun 18	9:15 am-10 am
\$19(P)/\$24(N)	Ages: 18 +	North Pool
#10652 Mon	May 10-Jun 14	9:05 pm-9:50 pm
\$16(P)/\$20(N)	Ages: 18 +	South Pool
#10662 Wed	May 12-Jun 16	7:45 pm-8:30 pm
\$19(P)/\$24(N)	Ages: 18 +	South Pool



Deep Water Workout

Stretch you legs! Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will stretch your legs and help tone your whole body.

#10657	Mon	May 10-Jun 14	9:15 am-10 am
\$16(P)/\$20(N)		Ages: 18 +	South Pool
#10658	Wed	May 12-Jun 16	9:15 am-10 am
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10659	Fri	May 14-Jun 18	9:15 am-10 am
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10660	Tue	May 11-Jun 15	7:35 pm-8:20 pm
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10661	Thu	May 13-Jun 17	7:35 pm-8:20 pm
\$19(P)/\$24(N)		Ages: 18 +	South Pool

Deep WaterFIT

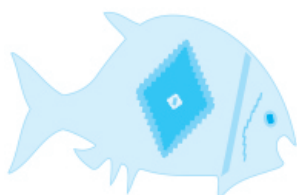
Strengthen the abdominal and back muscles in deep water. Enjoy a total body workout, including cardio, doing isolation exercises in this low-impact activity. Non-swimmers are welcome and may use a floatation belt, provided.

#10685	Tu, Thu	May 11-Jun 17	6:35 am-7:20 am
\$38(P)/\$48(N)		Ages: 18 +	South Pool
#10686	Tue	May 11-Jun 15	9:30 am-10:15 am
\$19(P)/\$24(N)		Ages: 18 +	South Pool

H2O Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

#10663	Mon	May 10-Jun 14	9:15 am-10 am
\$16(P)/\$20(N)		Ages: 18 +	South Pool
#10664	Wed	May 12-Jun 16	9:15 am-10 am
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10665	Fri	May 14-Jun 18	9:15 am-10 am
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10666	Tue	May 11-Jun 15	7:35 pm-8:20 pm
\$19(P)/\$24(N)		Ages: 18 +	South Pool
#10667	Thu	May 13-Jun 17	7:35 pm-8:20 pm
\$19(P)/\$24(N)		Ages: 18 +	South Pool



Lunch Crunch Workout

Need a quick pick me up during the day? Take a break from hustle of the office or the hassles at home! This midday workout will focus on stretching, strengthening and toning muscles. Equipment and music may be used.

#10684	Tue, Thu	May 11-Jun 17	11 am-11:45 am
\$38(P)/\$48(N)		Ages: 18 +	Fitness Pool

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll but you must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

#10669	Tue	May 11-Jun 15	11:10 am-11:55 am
\$19(P)/\$24(N)		Ages: 16 +	South Pool
#10670	Thu	May 13-Jun 17	11:10 am-11:55 am
\$19(P)/\$24(N)		Ages: 16 +	South Pool
#10671	Tue	May 11-Jun 15	9:15 pm-10 pm
\$19(P)/\$24(N)		Ages: 16 +	North Pool
#10672	Thu	May 13-Jun 17	9:15 pm-10 pm
\$19(P)/\$24(N)		Ages: 16 +	North Pool

Seniors Swim Classes

60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

#10673	Tue, Thu	May 11-Jun 17	2 pm-2:45 pm
\$19(P)/\$24(N)		Ages: 60 +	South Pool

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

#10674	M, W	May 10-Jun 16	2:30 pm-3:15 pm
\$18(P)/\$22(N)		Ages: 60 +	North Pool

Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

#10675	M, W, F	May 10-Jun 18	10:10 am-10:55 am
\$27(P)/\$34(N)		Ages: 60 +	North Pool

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

#10676 M, W, F May 10-Jun 18 11:05 am-11:50 am
\$27(P)/\$34(N) Ages: 60 + South Pool

Special Swim

Aqua MS

Exercise class for individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

#10677 Tu, Thu May 11-Jun 17 9:30 am-10:30 am
\$48(P)/\$60(N) Ages: 14 + North Pool

Aqua Pre and Post Natal Workout

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

#10678 Fri May 14-Jun 18 10:15 am-11 am
\$24(P)/\$30(N) Ages: 18 + South Pool

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

#10681 Tue, Thu May 11-Jun 17 10:10 am-10:55 am
\$48(P)/\$60(N) Ages: 18 + North Pool

Arthritis, Fibromyalgia, TBI, MS, Stroke

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

#10679 M, W May 10-Jun 16 9:30 am-10:30 am
\$44(P)/\$55(N) Ages: 14 + North Pool

#10680 Tu, Thu May 11-Jun 17 8:30 am-9:30 am
\$48(P)/\$60(N) Ages: 14 + North Pool

Lifeguard Training

Applicants must be able to pass the prerequisite swimming in order to participate in this course: 500 yard swim (100 each stroke), surface dive to 7 ft. to collect a 10-pound brick and tread water for two minutes using legs only. This class includes first-aid and CPR-FPR. Note: Participant must be 15 and 9 months by course completion. The Saturday class meets 9 a.m.-5 p.m. and the Tues-Thurs classes meet 6 p.m.-10 p.m.

#10688 Sa, Tu, W, Thu May 1-13 9 am-10 pm
\$150 Ages: 16 + Fitness Pool

#10689 Sat, Tue, Wed, Thu May 15-27 9 am-10 pm
\$150 Ages: 16 + Fitness Pool

Rockville Masters Swimming

This program is designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. This program will offer a structured swimming workout with a professional coach. Participants will be expected already to have attained a reasonable level of proficiency in at least two of four competitive strokes. Purchase your pass-card at the Front Desk.

#10682 M, W, F May 10-Jun 18 6:30 am-7:30 am
\$72(P)/\$90(N) Ages: 18 + South Pool

Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

#10683 Tue May 11-Jun 15 9:30 am-11 am
\$38(P)/\$48(N) Ages: 18 + South Pool



May is National Bike Month

Dust off your bike and do some peddling this Month!

Events include:

Bike to Work Day

Friday, May 7

Ride for Rockville

Sunday, May 30

Watch for new bike paths constructed this Summer!

Learn about Bicycle Recycling Program

For Information: 240-314-8626



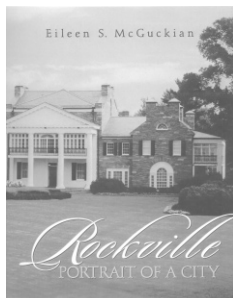
ROCKVILLE MUNICIPAL SWIM CENTER

A year-round complete aquatic center located at 355 Martins Lane

The Indoor Facilities include:

- two pools; one with a gently sloping ramp
- at least 4 lap lanes available during recreational swim
- two exercise rooms providing small and large weights, universal gym, "Life Fitness" machines, and more
- 15-person whirlpool
- men's and women's saunas
- climate-controlled locker rooms

**For more information,
call 240-314-8750.**



Don't Let Rockville's Past Pass You By

Rockville: Portrait of a City
Rockville: Portrait of a City can be purchased during business hours Monday-Friday at Rockville City Hall at 111 Maryland Avenue in Rockville.

**For more information
Call 240-314-8620**

Theme Park Tickets

As in the past, the City of Rockville Department of Recreation and Parks, in cooperation with the Maryland Recreation and Parks Association (M.R.P.A.), is selling general admission tickets to area theme parks at a substantially reduced price, beginning Fri., 4/9. Why hassle with coupons and ticket lines at the park when one brief stop at City Hall will give you large savings and quick admission? All tickets entitle the participant to unlimited use of all attractions normally included in a full-price admission ticket obtained at the park. Tickets are good any day for the 2004 operating season except for special dates the park may be closed. This information is printed in brochures available at City Hall. Tickets may not be used with any other discount or coupon promotion.

PURCHASE TICKETS AT:

- **Rockville City Hall, 3rd floor Recreation Desk**

Mon.-Fri., 9 a.m.-4 p.m.

- **Twinbrook Community Recreation Center**

Mon.-Fri., 6 a.m.-9 p.m. • Sat., 8:30 a.m.-9 p.m.

Sun., 10 a.m.-5:30 p.m.

Sorry, we are not permitted to give refunds or exchanges. For information, please call the **AMUSEMENT PARK TICKET LINE at 240-314-5024.**

	Gate Price	Your Price
Busch Gardens*		
Double/Fun++	\$46.95	\$39.50
Special Days (6/1-9/3)	\$46.95	\$33.00
++Tickets must be purchased before May 31, valid for any 2 days from 3/27/04-8/31/04. Parking: \$8 Opens: March 27		
Water Country*		
All Ages	\$34.95	\$24.00
Parking: \$8 Opens: May 15		
Dorney Park*		
Adult	\$35.75	\$25.00
Child	\$16.00	\$13.00
Parking: \$7 Opens: May 8		
Dutch Wonderland*		
All ages	\$26.95	\$21.00
Parking: Free Opens: May 8		
Great Adventure**		
Theme/Safari	\$48.75	\$26.00
3 Day/3 Park	\$64.65	\$46.00
Parking: \$10 Opens: April 2		
Hershey Park*		
Adult	\$37.95	\$28.00
Jr. (3-8)	\$21.95	\$20.50
Special days (7/20-8/13)	\$37.95	\$21.00
Parking: \$7 Opens: May 7		
Kings Dominion*		
Good Any Day Adult	\$43.99	\$29.99
GAD Child (3-6)	\$29.99	\$24.99
Early Purchase	\$43.99	\$24.99
(must be purchased by 6/13, can be used throughout the season)		
MRPA Days (7/3-7/18)	\$43.99	\$22.50
Teen Days (7/23-8/7)	\$43.99	\$22.50
Fall Fun	\$43.99	\$22.50
(9/3, 6, 11, 12, 18, 19, 25, 26, 10/16, 17, 23, 24, 30, 31)		
Parking: \$8 Opens: March 27		
Sesame Place*		
All ages	\$42.07	\$33.00
Parking: \$10 Opens: May 8		
Six Flags America**		
Good Any Day	\$39.59	\$23.00
Special Days	\$39.59	\$21.00
Season Pass	\$74.79**	\$62.00
Special days: 6/22, 6/29, 7/1, 7/6, 7/13, 7/22, 7/29, 8/5, 8/12, 8/17 & 8/19		
Parking: \$9 Opens: April 3		

*Children are 2 and under

**Children are 3 and under

SWIM - 240-314-8750 / www.rockvillemd.gov